

# Hello!

## I am Kara Sanders.

I am living the experience of  
being without stable housing.

My son and I live in our car.



My super s-hero name is Momma Kai.

Supports 4  
Families in  
Temporary  
Housing

# “Homeless” is a housing status

## Housing & Urban Development (HUD)

1. Lives outside of any kind of shelter
2. Will not have shelter in a week
3. Running away from abuse or violence

**For legal definition go here:**

HUD's Definition of Homelessness: Resources and  
Guidance - HUD Exchange

## McKinney-Vento

1. Sharing a house with other people (including family) for a short time
2. Living in a shelter
3. Living in a car, hotel, public space, empty building, train station, park
4. Children who are moving from place to place



32,189

Estimated  
children under  
age 6 in NC  
considered  
homeless. That  
is...

1 in 23 children



29,550 unserved  
92%

## Mythbusters

- X They are going to call Child Protective Services on me.

Child Protective Services is only notified if abuse or neglect is suspected.

- X I can't get help because I am an illegal

Qualification for subsidy assistance is based on the child's citizenship, not the parents.





## Mythbusters

### X I'll lose my other benefits.

Not necessarily. Each benefit has its own rules. Call the benefit help desk.

### X Someone will hear about my situation.

Schools must treat information about a child's homeless situation as a school record - private/confidential.





Resources 4 U

# Mental Health Support





# Mental Health Supports

## Minimal Risk

- +Only a few indicators of distress i.e. Sleep changes
- +Disrespectful language
- +Visible distress: Emotional outburst, withdrawn socially, eating changes
- +Issue is typically about one area of life.

Offer resources/follow-up

## Possible Risk

- +Visible distress
- +Hopelessness
- +Emotional reaction is inappropriate for situation
- +Disrespectful language
- +Issue is impacting more than one area of life
- +May be at risk for harm to self or others

Contact a MH professional ASAP for self or others

## Imminent Risk

- +Immediate threat of harm to self or others
- +Shares intent to harm self or others.
- +Multiple indicators of distress are present (ie. change in appetite, attendance changes, sleep changes.

Call 9-1-1

Call 9-8-8 National Suicide and Crisis Lifeline



# POLYVAGAL CHART

The nervous system with a neuroception of threat:

## FREEZE

Collapse • Immobility  
Conservation of Energy

Shame

Shut-Down

Hopelessness

Preparation for death

Trapped

**DORSAL VAGAL**  
(LIFE THREAT)  
Hypoarousal

Dissociation

Numbness

Depression

Raised pain threshold

Helplessness

"I CAN'T"

"I CAN"

**FIGHT**

movement towards

**FLIGHT**

movement away

Rage

Panic

Anger

Fear

Irritation

Anxiety

Frustration

Worry & Concern

**SYMPATHETIC**  
(DANGER)  
Hyperarousal

→ DEACTIVATION →

## PARASYMPATHETIC NERVOUS SYSTEM

DORSAL VAGAL COMPLEX

### Increases

Fuel storage & insulin activity • Immobilization behavior (with fear)  
Endorphins that help numb and raise the pain threshold  
Conservation of metabolic resources

### Decreases

Heart Rate • Blood Pressure • Temperature • Muscle Tone  
Facial Expressions & Eye Contact • Depth of Breath • Social Behavior  
Attunement to Human Voice • Sexual Responses • Immune Response

## SYMPATHETIC NERVOUS SYSTEM

### Increases

Blood Pressure • Heart Rate • Fuel Availability • Adrenaline  
Oxygen Circulation to Vital Organs • Blood Clotting • Pupil Size  
Dilation of Bronchi • Defensive Responses

### Decreases

Fuel Storage • Insulin Activity • Digestion • Salivation  
Relational Ability • Immune Response

The nervous system with a neuroception of safety:

**SOCIAL  
ENGAGEMENT**

Connection • Safety  
Oriented to the Environment

**VENTRAL VAGAL**  
(SAFETY)

Calmness in connection

Settled

Groundedness

Curiosity/Openness

Compassionate

Mindful / in the present

## PARASYMPATHETIC NERVOUS SYSTEM

VENTRAL VAGAL COMPLEX

### Increases

Digestion • Intestinal Motility • Resistance to Infection  
Immune Response • Rest and Recuperation • Health & Vitality  
Circulation to non-vital organs (skin, extremities)  
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear) • Ability to Relate and Connect  
Movement in eyes and head turning • Prosody in voice • Breath

### Decreases

Defensive Responses

VVC is the beginning and end of stress response.

When VVC is dominant, SNS and DVC are in transient blends which promote healthy physiological functioning.

## Recognizing and Responding to Distress

Show you  
care

Hear them out

Know your  
role

Say what  
you see

Connect to  
resources



## Resources I Like:

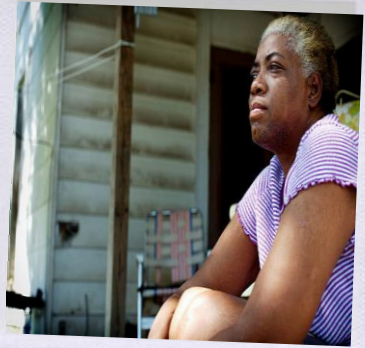
Self-Care Challenge by  
Jasmyn Camp

A Health Revolution for  
Black Women... by GirlTrek

Search Free Meditation  
Apps

Destini.Ann on Instagram

Jai Institute for Parenting  
on IG



# Parenting Supports



# Seat at the Table:

*A nationwide platform elevating family and parent voice and leadership*

**For Parents & Families:** Ready to play a role in improving early childhood programs and services for families? Looking for a way to have your voice shape the early childhood system?

- Sign up for **Seat at the Table** for free to get connected to leadership opportunities that match your interests and expertise, in your community, state, and nationally
- Your privacy is protected – your contact information is never sold and is only shared with your permission
- Unsubscribe at any time by contacting [fpl@ecic4kids.org](mailto:fpl@ecic4kids.org)

There is also a space for organizations to submit requests to find family leaders.



NATIONAL CENTER FOR  
**Family &  
Parent  
Leadership**  
Powered by Early Childhood Investment Corporation





# Parenting Supports

Which parent support is right for me?

Positive  
Parenting  
Program

Circle of  
Security

Conscious  
Discipline



# Positive Parenting Program

NC Parents can access Triple P online for **FREE** - Register at this link!

<https://www.tripleparenting.com/nc-en/find-help/triple-p-online/toddlers-to-tweens/>

Self-paced. 12 months to complete and save course materials

Please Note:  
Individual sessions and seminars with other parents are also available.

For Seminars: <https://www.tripleparenting.com/nc-en/find-help/find-a-provider/>



## Offers Free Resources

<https://consciousdiscipline.com/free-resources/free-for-all/>

Scroll down to free webinars,  
discipline tips, podcasts and video  
gallery.

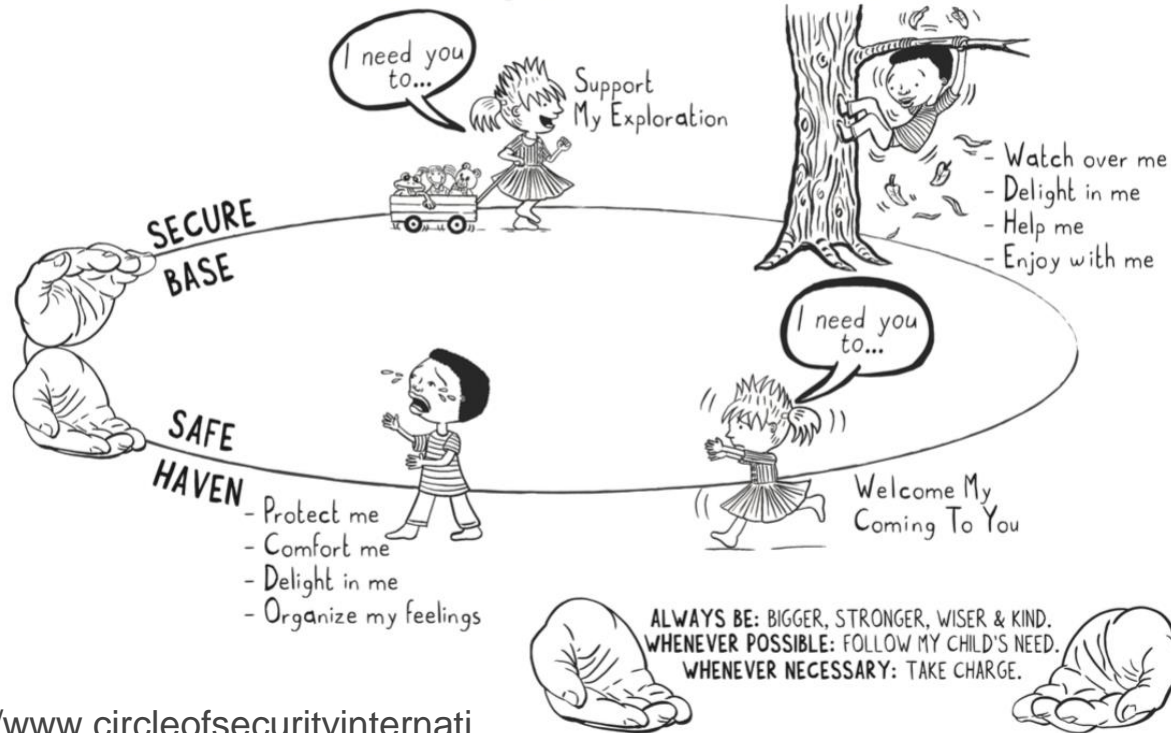


**Conscious  
Discipline®**



# Circle of Security®

Parent Attending To The Child's Needs



<https://www.circleofsecurityinternational.com/find-a-facilitator/>

## Resources I Like:

Jai Institute for Parenting

Cost for training

If have the resources,  
become a parent coach -  
what I did!

Great Handout!!

Purposeful Parenting

American Academy of  
Pediatrics

Equity Before Birth -

Midwife and doula services

EPIC - See next slide!



# Educational Equity: A Support for Early Learners

- Educational Equity is essential to early development as children enter kindergarten and beyond
- Equity in Action is a parent/caregivers ability to navigate the educational system to meet their learners educational needs.
- Definition of navigation:
  - Gaining access to resources
  - Learning what you need
  - Knowing WHO, WHAT, WHEN, WHERE, and WHY





# Children's Services



# Children's Services

Help  
finding and paying  
for  
child care

My child may  
have a delay  
or other  
special need

Developmental  
Screenings

Help with  
food  
cost



NC Pre-  
Kindergarten



Child Care  
Subsidy

Local DSS



Paying for Child Care

Early Head  
Start/Head  
Start

Locator





## NC Education Liaisons

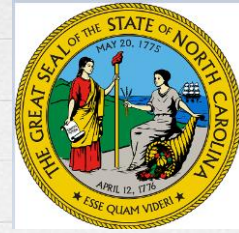
<https://hepnc.uncg.edu/local-liaisons/>



# Finding Child Care

## DCDEE Search for Child Care

<https://ncchildcare.ncdhhs.gov/childcaresearch>



## Child Care Resource and Referral

1-888-600-1685

**CCR&R Council**

North Carolina Child Care Resource & Referral Council

# Early Intervention 0-2 year old

Children's Developmental  
Services Agency (CDSA)

- ★ 16 across NC
- ★ FREE initial evaluation!
- ★ No family is denied services because of an inability to pay!
- ★ Children ages birth to 3 with delays or special needs and their families are eligible!

★ What we offer:

- Service Coordination
- Physical, occupational and Language therapies
- Family support
- Special instruction
- Assistive technology
- Other services

★ CONTACT:

- <https://beearlync.gov>
- Call: 919-707-5520
- Email: [beearlync@dhhs.nc.gov](mailto:beearlync@dhhs.nc.gov)





## 3-5 Year Old Referral Options

- Exceptional Children Program
- NC Pre-K Developmental Screenings
- Head Start
- Developmental Day Programs



# Help with Food

**Child and Adult Care Food Program**

**Aunt Bertha**

Resources for food and other!

**Salvation Army**

**Pantries (Select counties)**

**Food Bank of Central and Eastern North Carolina,  
Find your local Food Bank here**

**Food Stamps -FNS/ SNAP**

**Kids Summer Meals (KSM)  
25 sites**



## Resources I Like:

→ Early Head Start  
Home Visits

→ One World  
Everybody Eats -  
Pay-What-You-  
Can Cafes - 3 in NC

→ Community Cafe,  
Durham - 3 meals daily

→ Salvation Army,  
Capital Blvd. - gives out  
free dinner M-F 4:30-5:30p or  
until they run out





# Housing Supports



# Housing Support



To Access Housing...

Department of Social Services

Ask for the number for the Coordinated Entry  
for

your county  
NC Coalition to End Homelessness

List of Coordinated Entry sites by county

<https://www.ncceh.org/media/files/files/07d2190a/north-carolina-coc-coordinated-entry-contact-list.pdf>

211      <https://nc211.org/>





# Is Owning a Home Possible? YES!

HUD - Housing Counseling

Mechanics and Farmers  
Bank

2-1-1 <https://nc211.org/>

Operation HOPE FL4All

Self Help Credit Union

Habitat for Humanity

Single Family Housing  
Direct Loans with  
USDA Rural Development

NC Housing Finance  
Agency\*

Family Promise

\*Talk to a [real estate agent](#)



# What Do You Need To Own a Home?

- 1) Create a budget  
Consider... do I need a better paying job?
- 1) Shop for a loan lender
- 2) Choose a mortgage  
Pre-Qualify  
Credit score
- 1) Count the cost of buying a home

Source: M&F Bank

## Upfront Costs:

- 0%-20% for a down payment
- 2% - 5% for closing costs
- \$200-\$600 for inspections

## Ongoing Costs:

- Mortgage Payments
  - ◆ Private mortgage insurance
- Maintenance and repairs
- Utilities
- Homeowners association
- Real estate taxes



# Help Finding Funds for Rent

- Ask local Department of Social Services
- 2-1-1
- Aunt Bertha ([Findhelp.org](http://Findhelp.org)) lists resources by zipcode.
- Temporary Assistance for Needy Families (TANF)
- Homeless Education Liaisons in the Public Schools
- Local churches
- Your child care program, if completed TA
- Child Protective Services





## Resources I Like...

Well...there are not a lot of resources I like; however, did participate in a real estate seminar by Movement Mortgage which motivated me to keep trying.

Advocate for the homeless

Movement Mortgage

GreenPath Financial  
Wellness

Free Financial Counseling

Private fundraising:

GoFundMe

PayPal Fundraiser

Facebook



# Job Helps



# Job Helps

Do you need  
to increase  
skills?

Do you  
want to  
start  
your  
own  
business  
?

Do you need  
a  
certification  
or  
degree?





# Career Development Opportunities

- GCF Learn Free

- Click on Technology, Work, Core Skills, Reading/Math or Other Topics on the home page
- Call Goodwill Career Connections at 336-236-8021

- **Workforce Development**

- Offered through many community colleges
- No or low cost



# Job Search and Interview Helps

## NC Works Career Centers

### Statewide Locations

Provides job training, resume helps, mock interviews, justice involved helps, services for those with disabilities, job fairs, apprenticeships (on the job training)



[Ncworks.gov](https://www.ncworks.gov)

# Degrees and Certifications

## GED

Online offers for free prep classes for GED

Eg. USAHello Classroom

Wake Tech offers tuition-waived class for preparing for GED - Check community colleges near you!

Adult High School Diploma - Free!

Adult Continuing Education

**ASK ABOUT SCHOLARSHIPS!!!**



## **Community College**

### **Benefits of**

Lower costs

Path to a four year college

Proximity to home

Flexibility

Workforce training

### **Program Descriptions**



# What is an Entrepreneur?



What is an  
**ENTREPRENEUR?**

Please Note: This is a GCF Learn Free video!

# Turn Your Hustle Into A Home Based Business

Small Businesses  
Fuel America's  
Economy

Support plus skill =  
Upward mobility

Move from receiving  
a minimum wage to  
generating a living  
wage

# Resources I Like:

Motivation Readers

Mastermind Network

Every.Black

SCORE (Service Corps of  
Retired Executives)

Wake Tech Small Business  
Center

Small Business Day

YouTube

Free Harvard Online Classes

Raleigh Founded (most co-  
working spaces)

Liles Law - Spark Grant





# L.U.V. Enterprises Presents, L.L.C.



**Liles Law**  
371 followers  
5mo

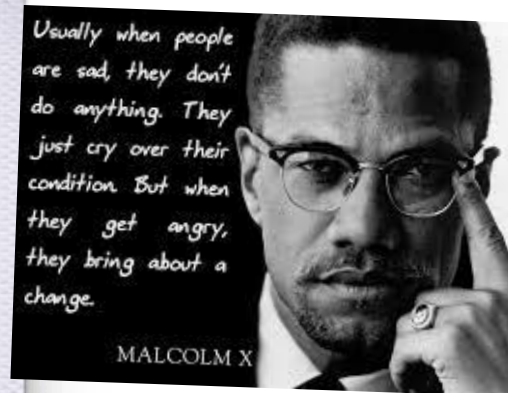
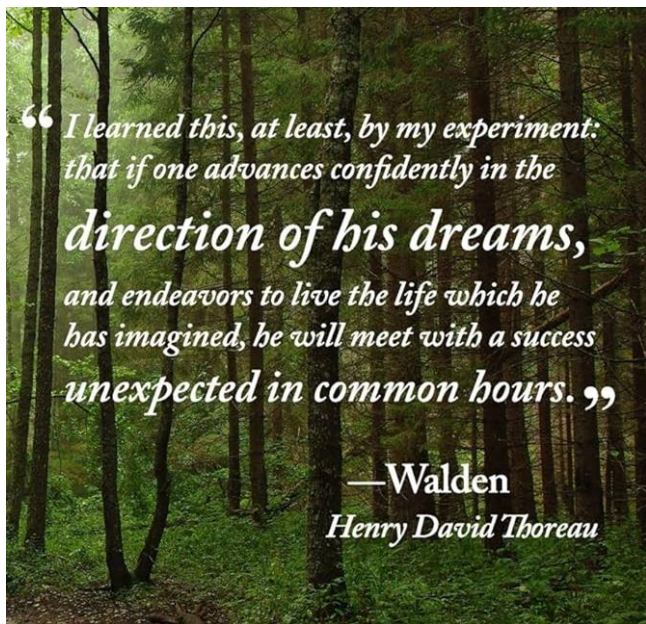
Liles Law is thrilled to offer 10 grants as a part of the next round of our Spark Grant program 🌟

📌 The Spring 2023 recipients are:

1. [Amanda Murphy](#) of Momentum for Good
2. [Guy T.](#) of GLARE Real Estate Solutions
3. [Amy Gardinier](#) of Givefinity
4. [Victoria Chibuogu Nneji, Ph.D.](#) of [AKALAKA](#)
5. Keyota Lesane of KCL Institute of Individualized Learning
6. Ashley Haynes of AshleyStylz
7. [Andre Smith](#) of [Chosn App](#)
8. [Kara Lynn "Kai" Sanders](#) of L.U.V. Enterprises
9. [Antonio Alanís](#) of Antonio Alanís Art
10. Dante Evans of [Wemovv LLC](#)

Each founder will receive up to \$2,500 of foundational legal services and participation in a legal education workshop 🌟

[#sparkgrants](#) [#founders](#) [#startups](#) [#innovation](#) [#dei](#)  
[#empowerment](#)





# Thanks!

Any questions?

Share success stories @  
[DCDEE\\_Support@dhhs.gov](mailto:DCDEE_Support@dhhs.gov)

